



## **WOLFPACK LIFE COACH**

### **Welcome to The Wolfpack Life Coach – Psychosocial Recovery Coaching**

Dear \_\_\_\_\_,

As you embark on your journey with us, we extend a warm welcome to you from The Wolfpack Life Coach team, led by Jyee Byrne, your dedicated Psychosocial Recovery Coach. Our mission is to empower you to navigate through life's challenges with resilience, confidence, and a sense of purpose. Our approach is tailored to your unique needs, aspirations, and circumstances, especially considering the support outlined in the NDIS framework.

To make our coaching sessions as impactful and tailored as possible, we kindly ask you to complete the following introductory questionnaire. Your responses will enable us to understand you better, align our strategies with your goals, and foster a meaningful and successful coaching relationship.

## Introductory Questionnaire

**1. Understanding Your World:** How do you see your role in the various environments you are part of (e.g., family, work, community)?

**2. Unveiling Passions:** Is there a passion or hobby you secretly wish to pursue or devote more time to?

**3. Facing Challenges:** What are the challenges or obstacles you feel you are currently avoiding or would like to overcome?

**4. Driving Forces:** What motivates you and propels you forward in life?

**5. Self-Sabotage:** In what ways do you feel you might be hindering your own progress or success?

**6. Fulfillment Gaps:** What do you feel is missing in your life? What additions could make it more fulfilling?

**7. Dreamscape:** What is your ultimate dream or aspiration?

**8. Spiritual Beliefs:** How do your beliefs (spiritual or otherwise) influence your life and decision-making?

**9. Defining Success:** What does success mean to you, and what would a successful life look like?

**10. Ultimate Wish:** If you could have anything in the world, what would it be?

**11. Life's Purpose:** Moving forward, what do you want your life to represent or achieve?

**12. Coaching Goals:** What specific outcomes do you wish to achieve through our coaching sessions?

**13. Effective Coaching:** What can I do to ensure our coaching relationship is effective and meets your needs?

**14. Expectations of Rigor:** How challenging do you want our sessions to be? What level of accountability do you expect from me?

**15. Learning Preferences:** How do you prefer to learn and receive information?

**16. Stress Management:** How do you typically release stress? Are there activities or practices that help you relax?

**17. Personal Enjoyment:** What activities bring you joy and satisfaction?

**18. Self-Care Practices:** How do you care for your mental, emotional, and physical well-being?

**19. Areas for Growth:** What do you consider to be your weaknesses or areas you'd like to improve?

**20. Strengths:** What are your strengths or talents that you pride yourself on?

**21. Moments of Joy and Challenge:** Reflect on times when you were happiest and most challenged. What were the circumstances?

**22. Revisiting Decisions:** Is there something you've given up on that you wish you hadn't? Would you consider revisiting it?

Your candidness and reflection in answering these questions are greatly appreciated. Please remember, this journey is about growth, discovery, and empowerment, and we are here to support you every step of the way.

With warm regards,

Jyee Byrne  
Psychosocial Recovery Coach

